

them, it greatly contributes to their bodily strength, so Vishnu, though located in the heart of every body, does not give him any special benefit without being invoked and worshipped in a special way. Karma (action) and Jnana (knowledge) are the two means open to those who wish to ascend the tree of Yoga. After once having climbed the tree of Yoga, let a Yogin take recourse to knowledge and renunciation. From the desire to know the external objects such as the sound etc., proceed the sense of attachment and repulsion, from these originate greed, delusion, and anger etc., and •coup-led with these a man commits sin. He, whose hands) -genitals, belly and speech are under control, is called a true Brahmana. The hands, which do not pilfer other men's goods, which do not hurt or kill any creature, nor grapple dice, are said to be well-controlled hands. He, who •does not look upon another's wife with lustful eyes, is said to be a man who has controlled his generative organs. He, who ungreedily eats a moderate quantity of food, is said to be a man who has controlled his belly. He, who speaks only what is true, beneficial, and only when necessary, is said to be a man who has controlled his tongue. Of what use is the practice of austerities or celebration of a religious sacrifice to one who has controlled these organs? The concentration of the mind, intellect and the senses (cognition) on the supreme lord of the universe is called Dyanam

meditation). He, who joins his intellect, focussed in a point between the eye-browss, to thoughts of the external world) even after the cessation of the functions of the cognitive organs and before the mind has assume a state of perfect quiescence, dreams many dreams both internal and external* The individualised Self beholds many such dreams even in the wakening state, this is the opinion of the erudite ones. The state called Sushupti (Dreamless sleep) occurs when the Jiva, located in the heart and enveloped in the quality of Tamaa docs not remember 'where/ 'when' and 'wherefrom'*¹ The state